



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09011, Apples, dried, sulfured, uncooked

Report Date: July 01, 2017 11:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 86g | 1 ring 6.4g |
|--------------------------------|------|---------------------|-------------|------------|--------------|----------------|
| Proximates | | | | | | |
| Water | g | 31.76 | 22 | 0.902 | 27.31 | 2.03 |
| Energy | kcal | 243 | -- | -- | 209 | 16 |
| Energy | kJ | 1017 | -- | -- | 875 | 65 |
| Protein | g | 0.93 | 38 | 0.024 | 0.80 | 0.06 |
| Total lipid (fat) | g | 0.32 | 8 | 0.065 | 0.28 | 0.02 |
| Ash | g | 1.10 | 38 | 0.031 | 0.95 | 0.07 |
| Carbohydrate, by difference | g | 65.89 | -- | -- | 56.67 | 4.22 |
| Fiber, total dietary | g | 8.7 | -- | -- | 7.5 | 0.6 |
| Sugars, total | g | 57.19 | -- | -- | 49.18 | 3.66 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 14 | 37 | 0.648 | 12 | 1 |
| Iron, Fe | mg | 1.40 | 37 | 0.096 | 1.20 | 0.09 |
| Magnesium, Mg | mg | 16 | 37 | 0.766 | 14 | 1 |
| Phosphorus, P | mg | 38 | 37 | 2.328 | 33 | 2 |
| Potassium, K | mg | 450 | 29 | 17.873 | 387 | 29 |
| Sodium, Na | mg | 87 | 29 | 12.949 | 75 | 6 |
| Zinc, Zn | mg | 0.20 | 21 | 0.017 | 0.17 | 0.01 |
| Copper, Cu | mg | 0.191 | 37 | 0.009 | 0.164 | 0.012 |
| Manganese, Mn | mg | 0.090 | 19 | 0.012 | 0.077 | 0.006 |
| Selenium, Se | µg | 1.3 | -- | -- | 1.1 | 0.1 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.9 | 11 | 0.471 | 3.4 | 0.2 |

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|---|------|------------------------|----------------|------------|--------------|----------------|
| Thiamin | mg | 0.000 | 17 | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.159 | 18 | 0.006 | 0.137 | 0.010 |
| Niacin | mg | 0.927 | 18 | 0.096 | 0.797 | 0.059 |
| Pantothenic acid | mg | 0.245 | -- | -- | 0.211 | 0.016 |
| Vitamin B-6 | mg | 0.125 | 1 | -- | 0.107 | 0.008 |
| Folate, total | μg | 0 | -- | -- | 0 | 0 |
| Folic acid | μg | 0 | -- | -- | 0 | 0 |
| Folate, food | μg | 0 | -- | -- | 0 | 0 |
| Folate, DFE | μg | 0 | -- | -- | 0 | 0 |
| Choline, total | mg | 17.6 | -- | -- | 15.1 | 1.1 |
| Vitamin B-12 | μg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | μg | 0 | -- | -- | 0 | 0 |
| Retinol | μg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | μg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | μg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | μg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 0 | 16 | 0.000 | 0 | 0 |
| Lycopene | μg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | μg | 18 | -- | -- | 15 | 1 |
| Vitamin E (alpha-tocopherol) ¹ | mg | 0.53 | 1 | -- | 0.46 | 0.03 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Tocopherol, beta ¹ | mg | 0.02 | 1 | -- | 0.02 | 0.00 |
| Tocopherol, gamma ¹ | mg | 0.07 | 1 | -- | 0.06 | 0.00 |
| Tocopherol, delta ¹ | mg | 0.00 | 1 | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | μg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | μg | 3.0 | -- | -- | 2.6 | 0.2 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.052 | -- | -- | 0.045 | 0.003 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |

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|------------------------------------|------|------------------------|----------------|------------|--------------|----------------|
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.001 | -- | -- | 0.001 | 0.000 |
| 14:0 | g | 0.001 | -- | -- | 0.001 | 0.000 |
| 16:0 | g | 0.043 | -- | -- | 0.037 | 0.003 |
| 18:0 | g | 0.007 | -- | -- | 0.006 | 0.000 |
| Fatty acids, total monounsaturated | g | 0.013 | -- | -- | 0.011 | 0.001 |
| 16:1 undifferentiated | g | 0.001 | -- | -- | 0.001 | 0.000 |
| 18:1 undifferentiated | g | 0.012 | -- | -- | 0.010 | 0.001 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.093 | -- | -- | 0.080 | 0.006 |
| 18:2 undifferentiated | g | 0.077 | -- | -- | 0.066 | 0.005 |
| 18:3 undifferentiated | g | 0.016 | -- | -- | 0.014 | 0.001 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.009 | -- | -- | 0.008 | 0.001 |
| Threonine | g | 0.033 | -- | -- | 0.028 | 0.002 |
| Isoleucine | g | 0.037 | -- | -- | 0.032 | 0.002 |
| Leucine | g | 0.057 | -- | -- | 0.049 | 0.004 |
| Lysine | g | 0.058 | -- | -- | 0.050 | 0.004 |
| Methionine | g | 0.009 | -- | -- | 0.008 | 0.001 |
| Cystine | g | 0.012 | -- | -- | 0.010 | 0.001 |
| Phenylalanine | g | 0.026 | -- | -- | 0.022 | 0.002 |
| Tyrosine | g | 0.017 | -- | -- | 0.015 | 0.001 |
| Valine | g | 0.043 | -- | -- | 0.037 | 0.003 |
| Arginine | g | 0.029 | -- | -- | 0.025 | 0.002 |
| Histidine | g | 0.015 | -- | -- | 0.013 | 0.001 |
| Alanine | g | 0.033 | -- | -- | 0.028 | 0.002 |

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|----------------|------|------------------------|----------------|------------|--------------|----------------|
| Aspartic acid | g | 0.162 | -- | -- | 0.139 | 0.010 |
| Glutamic acid | g | 0.097 | -- | -- | 0.083 | 0.006 |
| Glycine | g | 0.037 | -- | -- | 0.032 | 0.002 |
| Proline | g | 0.032 | -- | -- | 0.028 | 0.002 |
| Serine | g | 0.038 | -- | -- | 0.033 | 0.002 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD